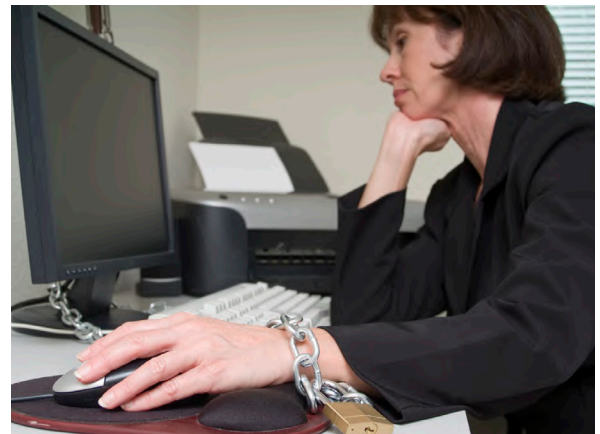




The Gallup organization reported this year that employees who are healthy and engaged ...

- are disproportionately innovative.
- bring in more new customers.
- need the least sick time.
- are most likely to stay with the company.



Yet, 7 of 10 U.S. employees are actively disengaged, costing American businesses an estimated \$450 billion to \$550 billion annually.

What to do? Author, journalist, and speaker Michael Prager argues that work style changes with lifestyle: Give employees a self-interested case for healthy change, help them achieve and sustain it, and see the benefits spread throughout their lives, including at work. Prager's sustained change is 20-plus years maintaining a 155-pound loss, which materialized only after he stopped regarding his obesity as a food problem but a life problem. Not only did his body shrink, his life flowered.

“Interesting, engaging, and thought-provoking. I definitely recommend him.”

~ Kathleen Hennrikus
Rainbow Lifelong Learning Institute

Sustainable change — good for your employees, good for the team, good for you.

